



SAFEnet

November 2010

STUDENT'S 'KEEPING IT SAFE'

MARY ROSE WINTERS, MAGRUDER HIGH SCHOOL



The Keeping it Safe Team's, *Student's Keeping it Safe*, highlights a student or group who is making a positive impact on the community. The Keeping it Safe team will recognize each month an individual or group, between the grade levels of 6th and 12th.

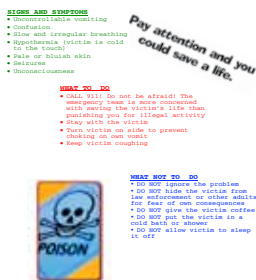
November's *Student's Keeping it Safe* is Mary Rose Winters from Magruder High School. Mary Rose has been dedicated to supporting Every 15 Minutes since her sophomore year, when she wrote the obituaries for the Magruder High School 2009 event. After the event was held, Mary Rose started brainstorming ideas for the tee shirt design, court room scene, and other aspects of the Every 15 Minutes Program.

Now a Senior, Mary Rose is student co-chair of the Magruder High School PTSA E15M Committee. She has presided over E15M tables at this year's New Student Night and the Straight Talk About Underage Drinking Event at Magruder, where she engaged students and parents in discussions about E15M.

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Newsletter Highlights

Know the Facts Alcohol Poisoning



Get Local!

**What's Happening in
Montgomery County and
Maryland**



Tips... Stats... Signs...



In the News

Questions?

Montgomery County community members can email related questions and receive updated prevention information. Please email: safenet@montgomerycountymd.gov

Tell a friend about SAFEnet and have them send an email to safenet@montgomerycountymd.gov with the subject line "SIGN ME UP"

To unsubscribe, please send email to SAFEnet@montgomerycountymd.gov with the subject line "UNSUBSCRIBE ME"

Keeping it Safe is a Montgomery County Department of Liquor Control Public Education Campaign. This campaign outreaches to both the hospitality industry and the community on youth alcohol prevention and responsible alcohol service.

Separate from these efforts, is a volunteer coalition, also known as the Keeping it Safe (KIS) Coalition aimed at preventing under 21 alcohol use.

KEEPING IT SAFE

SAFEline- Call **301-670-SAFE** to request information on hosting under 21 alcohol free events or to report an upcoming under 21 alcohol party, event, or provider.

To report a party in progress, call the non-emergency police line at 301-289-8000.

For more information on state laws, consequences, or to order materials on Keeping it Safe, please contact the Department of Liquor Control Outreach Office, 240-777-1989, or

Keeping it SAFE Coalition Announces 8th Annual Student Video Contest

Montgomery County Keeping It SAFE Coalition announces the 8th Annual Student Video Contest for Montgomery County middle and high school age youth groups. Youth are challenged to create a 30-second public service video that focuses on preventing under-21 alcohol use. Cash prizes will be awarded to school groups

The contest rules, guidelines and youth awards event details will be available at www.montgomerycountymd.gov/KIS, or by calling 240-777-6652. Entries must be received by 5 pm January 26, 2011.

For more information email meg.baker@montgomerycountymd.gov.

Keeping it Safe Coalition Receives WRAPPY Award

The KIS Coalition received the Washington Regional Alcohol Program's (WRAP) 2010 WRAPPY Award for Youth Leadership on October 22, 2010 in support of WRAP's lifesaving mission to save lives and prevent injuries caused by drunk driving and underage drinking.

Join the Next Keeping it SAFE on Under 21 Alcohol Prevention Coalition Meeting

The KIS Team will meet on November 18, 2010 at 1 PM at the Montgomery County Department of Police, 9125 Gaither Road, Gaithersburg, MD. Call Meg Baker for more information, 240-777-6652.

Montgomery County Project Prom/ Graduation

The Montgomery County Project Prom/ Graduation next team meeting will be on November 14, 2010.

On December 5, 2010 from 1 - 4 PM, there will be a Vendor Fair at the Holiday Inn Gaithersburg, admission is free. This annual event serves the post prom coordinators as well as any community members who are interested in organizing activities for youth. Representatives from various entertainment service providers display samples of activities and products. For more information call 240-777-6652.

Get involved!

Teen Programs for Half Days Early Release Days Mean Fun!

On Montgomery County Public School early release days, the Montgomery County Recreation Department offers exciting half day events for both middle and high school students. Activities include swimming, ice skating, bowling, pizza parties, movie nights, and dances.

For more information: Contact Stephanie White 240-777-4930

Make a Difference! The Big Buddy-Little Buddy mentoring program is looking for teen volunteers!

High school students pair up with elementary and middle school-aged children whose families live in a homeless shelter. Buddies participate in recreational, educational, and community service activities. You must commit to three hours a week for a complete session. Big Buddies serve from October through May. Earn Student Service Learning Hours and give back to the community at the same time! For more information on Volunteer Opportunities, contact Valerie Graham, 240-777-8084.

Youth Advisory Committee

Speak up! Do you have great ideas for programs or after school activities? Do you want to talk about issues that affect teens in Montgomery County? Make a difference by joining the Youth Advisory Committee! Develop leadership skills while representing your community! Middle and High School students who live or attend school in Montgomery County are invited to apply for the Youth Advisory Committee. Applicants may attend public or private school and must be entering seventh through twelfth grades. Interested teens may call 240-777-6900 for more information.

Did you know?

Among 12-20 year olds nationally, approximately **6.6 million (17%)** reported having engaged in **binge drinking** and **2.1 million (6%)** in **heavy drinking**.

We Don't Serve Teens

To determine parents' perspective on the legal consequences of underage drinking, the Century Council commissioned a survey of over 1,000 adults. The results show that overwhelmingly, 96% of adults and parents alike do not believe it is acceptable for parents or other adults to provide beverage alcohol to under-21 youth.

Further, all survey respondents said if they learned another parent or adult provided alcohol to their teenager without their permission, they would consider taking recourse against the other parent, or their child. The top actions adults would take include:

- Speaking with my child about the dangers and consequences of underage drinking (93%)
- Call that adult and express my objections/feelings/opinions (86%)
- Restrict my child's time at that family's house (80%)
- Limit my child's relationship with that family (76%)
- Notify other parents (74%)
- Punish my own child (69%)

Other actions adults report they would take if such an incident occurred include calling the police (44%), reporting the incident to the school (40%), and taking legal action, such as file charges, sue them, etc. (34%). (Source: TCC, Harris Interactive, Quorum, January 2006). Read more about the We Don't Serve Teens public awareness campaign from the Federal Trade Commission and The Century Council(www.wedontserveteens.org).

Source: Century Council

What Youth Say About Alcohol

Why Youth Say They Drink

When asked why today's youth drink alcohol, 51% report neither they nor their friends drink. Among reasons cited by youth for why teens drink, 41% say to have a good time followed by celebrate (30%). Nearly three in ten teens (28%) say they drink to get drunk, and two in ten teens say to feel good (24%) or de-stress/relax (21%).

Source: Century Council



Student's Keeping It Safe **Mary Rose Winters** **Magruder High School** *Continued from page 1*

1. Why do you think your group is a positive influence on today's youth?

Every 15 Minutes kept my friends alive, I consider that to be a positive influence. Why has Every 15 Minutes had this effect on so many people? Well it's a different answer for each person. When we first did this program at Magruder High School in 2009, during the accident scene I saw a bunch of students start to break down and cry while they watched their classmates covered in blood and gore, being pulled out of a car that resembled a crumpled soda can, and laying "dead" on the parking lot. These kids in the accident, they were friends, boyfriends, girlfriends or maybe the class clowns that kept some life in the laggy mornings during 2nd period. We knew the bodies we watched being rushed away in an ambulance as people, they were our friends.

2. What do you believe will make a difference in underage drinking (parents, teachers, educating, programs)?

I say this with the utter most respect to parents: it is not just the "other kids" who are drinking at parties on Saturday nights. There is no "bad crowd," or exclusive drinking cliques. Right now I could list off at least fifteen contacts if I wanted to get some beers for tonight. Parents: sit down and talk to your kids. They pretend they don't listen, they may even text or roll their eyes through all your noble speeches about what happens when you get involved with (scary adult voice) "ALCOHOL." But please believe me, because I know it's true, they do listen to what you say.

3. What are your future goals?

I want to help people. I don't care what I do as long as I can help people and be around those I love. I'm interested in perusing a Masters in Social Work and psychologically counseling prison inmates.

Campus Illnesses Intensify Worries About High-Alcohol Energy Drinks

The revelation this week that sugary, high-alcohol energy drinks helped send nine Washington state college freshmen to the hospital after an off-campus party has renewed public attention on the hazards of the beverages. Several states have enacted or are considering limits or bans on the drinks, and at least two universities have banned them from campus while the Food and Drug Administration reviews their safety. ****Montgomery County, Maryland as a Control Jurisdiction, does not sell this product****



The drinks are popular with college students who want to get drunk quickly and cheaply. The maker of one beverage linked to the Washington state party this month said that it markets its products responsibly to people of legal drinking age. At that party, police officers found a chaotic scene, with students from Central Washington University passed out and so intoxicated that investigators thought they had overdosed on drugs. Nine students who drank Four Loko, a caffeinated malt liquor, were hospitalized with blood-alcohol levels ranging from 0.12 percent to 0.35 percent, and a female student nearly died, CWU President James L. Gaudino said. A blood-alcohol concentration of 0.30 percent is considered potentially lethal.

All the hospitalized students were inexperienced drinkers - freshmen ranging in age from 17 to 19. Toxicology results showed no drugs in their bloodstreams, although a small amount of marijuana was reported at the party, university police Chief Steve Rittreiser said.

Some students admitted drinking vodka, rum and beer with Four Loko. Phusion Projects Inc. of Chicago, which makes Four Loko, said in a statement that people have consumed caffeine and alcohol together safely for years. It added that it shares college administrators' goal of making campuses safe and healthy environments.

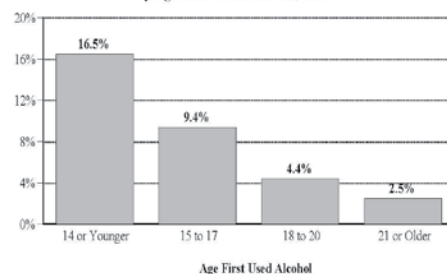
The FDA sent a warning letter to Phusion Products in November, asking it for information that shows adding caffeine to alcoholic beverages is safe. The case remains open, the agency said in a statement Monday. Four Loko comes in several varieties, including fruit punch and blue raspberry. A 23.5-ounce can sells for about \$2.50 and has an alcohol content of 12 percent, comparable to four beers, according to the company's Web site. Health advocates say the caffeine in the drink can also suspend the effects of alcohol consumption, allowing a person to consume more than usual.

Source: *The Washington Post*

Youth Who Initiate Alcohol Use Before Age 21- More Likely to Abuse or Become Dependent on Alcohol

Early onset of alcohol use is associated with a greater likelihood of developing alcohol abuse or dependence at a later age, according to data from the National Survey on Drug Use and Health (NSDUH). Those who first used alcohol at or before the age of 14 were nearly four times more likely to meet the criteria for past year alcohol abuse or dependence than those who started using alcohol between the ages of 18 and 20 (16.5% vs. 4.4%) and more than six times more likely than those who started using alcohol at or after age 21 (16.5% vs. 2.5%). These findings illustrate the need for alcohol education and prevention efforts as early as middle school.

Percentage of Adults (Ages 21 or Older) Who Abused or Were Dependent on Alcohol in the Past Year, by Age of First Alcohol Use, 2009



Source: CESAR from Substance Abuse and Mental Health Services Administration

